

## Army vice chief honors Purple Heart recipients

By Maria Gallegos  
BAMC Public Affairs

The Vice Chief of Staff of the Army honored three Soldiers with Purple Heart medals at the Warrior and Family Support Center Dec. 3 and also visited with wounded warriors at San Antonio Military Medical Center.

After BAMC and Southern Regional Medical Command Commander Maj. Gen. M. Ted Wong opened the ceremony, Gen. Lloyd J. Austin III presented the medals and certificates.

Austin welcomed the Purple Heart recipients with words of

praise for their courage, dedication and their sacrifices.

"Your service is greatly appreciated by our country," he said. "We are honored to continue to receive fine young men and women like you and we are actually encouraged for the future by what we continue to see on a daily basis."

"These awards are not a benefit; it is an entitlement," Austin said.

While conducting a mounted route clearance patrol in Afghanistan, where Spc. Marcus Carr was serving as a combat engineer, his

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(From left) Southern Regional Medical Command and Brooke Army Medical Center Command Sgt. Maj. Marshall Huffman, Army Vice Chief of Staff Gen. Lloyd J. Austin III, Spc. Marcus Carr, Pfc. Ryan Thomas, Spc. Christopher Delaney, and BAMC and SRMC Commander Maj. Gen. M. Ted Wong after the Purple Heart ceremony at the Warrior and Family Support Center Dec. 3. Austin awarded the Purple Heart medals and certificates to the recipients.

**Photo by**  
**Robert Shields**



**Photo by Staff Sgt. Keith Anderson**

Wounded warriors, along with representatives from various commands, organizations and spouses of Army leaders, celebrate the ninth anniversary of the Warrior and Family Support Center Dec. 4 over morning tea.

## Warrior and Family Support Center marks nine years of community support

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

With a tremendous outpouring of support from the San Antonio community, wounded warriors, along with representatives from various commands, organizations and spouses of Army leaders, celebrated the ninth anniversary of the Warrior and Family Support Center Dec. 4.

The WFSC began its existence back in December 2003 as a single room in the POW-less Hall Guest Center. Today, it is a 12,500-square-foot facil-

ity that sits on several acres of land, laced with gardens, fountains, running tracks, playgrounds, specialty work out stations, and various amenities for wounded warriors and their families.

"We are celebrating a miracle," said Judith Markelz, WFSC program director. "There's nothing that says we should be here. From dream to reality, we made it happen — thanks to the generous support and contributions of the San Antonio community and the military community at Joint Base San Antonio-Fort

Sam Houston."

Those gathered to celebrate the ninth anniversary enjoyed their quiet time together as they took in the facility's serene surroundings.

"Thanks to the WFSC in allowing us to enjoy a taste of heaven in the form of finger foods and tea," said Capt. Patricia Yearout, a wounded warrior.

The Warrior and Family Support Center provides coordinated services to patients, next-of-kin and extended fam-

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# IMCOM: Team, Service, Safety, Future

By Lt. Gen. Mike Ferriter,  
commander, U.S. Army Installation  
Management Command and  
Command Sgt. Maj. Earl Rice,  
IMCOM command sergeant major

It's been immortalized in carols as "the most wonderful time of the year," and it is for the Army's home.

It's a wonderful time to be part of U.S. Army Installation Management Command. We have an incredible workforce and mission.

Ours is a diverse team made up of Soldiers, civilians and family members.

The IMCOM team hails from every corner of the globe, with differing cultures and beliefs – all united in the service of others.



**Lt. Gen. Mike Ferriter**

It's just the right mix to support troops, provide programs and offer world class customer service to the best trained Army in the world.

Whether anticipating Christmas, Kwanzaa, Hanukah or time among family and friends during



**Command Sgt. Maj. Earl Rice**

this holiday season, know that you are a valued member of the team.

Command Sgt. Maj. Earl Rice and I can never thank you enough for the life of service and sacrifice you've chosen and for the opportunity to share that with you

here at IMCOM, the Army's home.

We hope that this holiday season provides opportunities for reflection, recreation and renewed commitment to improvement.

Team, we've accomplished a lot in the last 10 years – developing our workforce, being good stewards of financial and environmental resources, improving the quality of life in Army communities worldwide. IMCOM is a world-class operation because of you.

Our mission is complex – a job that is 24 hours a day, seven days a week. While some can rest briefly, others may not.

Remember your teammates who will be manning facilities, serving chow to deployed troops or helping newly arrived families find lodging.

This is the essence of what we do every day – provide a quality of life commensurate with their quality of service.

Now more than ever is the time to remember your family and extended Army family as well – battle buddies, co-workers and the person next to you now.

As you travel or attend celebrations, be mindful of your actions and surroundings, keeping safety and responsibility to your teammates and families in mind.

We wish you and your families a happy holiday season, prosperous New Year and look forward to starting 2013 with each member of this team, ready, resilient and committed to the next step in enhancing the lives of our Soldiers. Army strong!

## ARMY NORTH LEADERS COMMITTED TO HEALTH, WELFARE OF TEAM



Command Sgt. Maj. Hu Rhodes, U.S. Army North senior enlisted leader, discusses the importance of physical, mental, emotional and spiritual fitness, and the obligation of Army leaders to directly engage with subordinates and to be aware of indicators of suicidal idea generation.



**Photos by Sgt. Lee Ezzell**

Dr. Ann Marie Hernandez, University of Texas Health and Science Center, discusses successful strategies for dealing with post-traumatic stress disorder and suicidal thoughts with the Soldiers and civilians of U.S. Army North during a suicide prevention training session at Evans Auditorium Dec. 6. The Army North team gathered to hear personal accounts, current statistics and prevention strategies during the command's second stand down of the year as part of the Army's focus on preventing suicides.



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website at [www.jbsa.af.mil](http://www.jbsa.af.mil)

### Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.





## News Briefs

### JBSA plans memorial service for double ace

Joint Base San Antonio will honor the legacy of one of the Air Force's most celebrated pilots and a former 12th Tactical Fighter Wing commander at a funeral service planned for 11:30 a.m. Dec. 17 in the former JBSA-Randolph theater. The event will pay tribute to retired Col. Ralph Parr, Korean War double ace and 12th TFW commander from 1970-71, who died Dec. 7, Pearl Harbor Remembrance Day, at the age of 88 in a New Braunfels assisted-living facility. Interment will follow at 2 p.m. Dec. 17 at the Fort Sam Houston National Cemetery with full military honors. In addition, visitation takes place at the Zoeller Funeral Home at 615 Landa St. in New Braunfels from noon until 5 p.m. Dec. 15 and from 9 a.m. to 5 p.m. Dec. 16.

### Holiday Closures

The following Joint Base San Antonio locations will be closed during the holidays:

JBSA-Fort Sam Houston Warfighter and Family Readiness – Dec. 24, 25, 31 and Jan. 1  
JBSA-Fort Sam Houston Golf Course – Dec. 25 and Jan. 1  
JBSA-Fort Sam Houston Bowling Center – Dec. 23 through 26, Dec. 30 through Jan. 1  
JBSA-Fort Sam Houston Equipment Center – Dec. 22 through 26, Dec. 30 through Jan. 2  
JBSA-Fort Sam Houston Auto Shop – Dec. 22 through 25, Dec. 30 through Jan. 1  
JBSA-Fort Sam Houston Equestrian Center – Dec. 25 and Jan. 1  
JBSA-Fort Sam Houston Hacienda – Dec. 22 through Jan. 1  
JBSA-Fort Sam Houston Java Cafe – Dec. 22 through Jan. 1  
JBSA-Fort Sam Houston RV Park – Dec. 25 and Jan. 1  
JBSA-Camp Bullis Sportsman Range – Dec. 24 through 27 and Dec. 31 through Jan. 3

### Spouses' Club scholarships

Applications for the Spouses' Club of the Fort Sam Houston Area College Scholarship are currently being accepted. The Spouses' Club will award scholarship funds for the 2013-2014 academic year to select students with military affiliation to assist them with college expenses. Graduating high

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vehicle was struck by an improvised explosive device, resulting in his combat injuries July 16, 2011.

He suffers from multiple injuries and continues to receive medical treatment at SAMMC.

"I thank God for being here," Carr said. "The doctors say I shouldn't have been here ... and I'm here."

Serving as a motor transport operator in Afghanistan, Spc. Christopher Delaney was riding in his vehicle when it was struck by an IED, throwing his vehicle into the air, which caused his combat injuries June 27.

Infantryman Pfc. Ryan Thomas was conducting a dismounted patrol in Afghanistan when his vehicle was

struck by an IED Oct. 13. He is recovering from shrapnel wounds throughout his lower extremities.

"For all of my

**"Your service is greatly appreciated by our country. We are honored to continue to receive fine young men and women like you and we are actually encouraged for the future by what we continue to see on a daily basis."**

*Gen. Lloyd J. Austin III  
Vice Chief of Staff of the Army*

brothers out there, my brothers in arms, keep your heads up and keep up the good work," Thomas said.

The Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action.

It is specifically a combat decoration and the oldest military honor in the world in use.

Following the ceremony, Austin visited with wounded warriors at the Center for the Intrepid and gave them words of encouragement while ensuring they were receiving the best medical care possible.



Photo by Robert Shields

Army Vice Chief of Staff Gen. Lloyd J. Austin III coins Army Sgt. Ian Parkinson during his visit to the Center for the Intrepid Dec. 3. Austin visited with wounded warriors after a Purple Heart ceremony held the same day.

## ARSOUTH HOSTS ARMY VICE CHIEF OF STAFF



Photo by Jose Saez

Maj. Gen. Frederick Rudesheim (left), U.S. Army South commanding general, explains in detail a briefing slide to Gen. Lloyd J. Austin III (middle), Vice Chief of Staff of the Army, in the Simon Bolivar Conference Room at the Army South Headquarters on Joint Base San Antonio-Fort Sam Houston Dec. 3, while ARSOUTH Command Sergeant Major Dennis C. Zavodsky (right) listens in. Austin received a command briefing on the ARSOUTH mission, current and future operations, as well as the overall current situation in the command's area of responsibility.

## ARMY VICE CHIEF OF STAFF VISITS ARNORTH



Photo by Sgt. Lee Ezzell

Lt. Gen. William Caldwell IV (left), commanding general, U.S. Army North, and senior commander, Fort Sam Houston and Camp Bullis, explains ARNORTH's role in the defense of the homeland to Gen. Lloyd Austin III, U.S. Army vice chief of staff, during Austin's visit to Joint Base San Antonio-Fort Sam Houston Dec. 3. Austin told Caldwell he was grateful for the hard work of the Army North professionals during the military response to Hurricane Sandy. "You made us all proud," Austin said.

## WFSC from P1

ily members, with a primary focus on wounded Operation Iraqi Freedom and Operation Enduring Freedom warriors.

It provides a friendly, comfortable environment in which to take a break, watch a movie on big-screen TVs, play video games, check email or use the Internet, select a book or magazine to read, make a phone call or to just grab a cup of coffee.

The wounded warriors and their family members visit the WFSC to maintain contact with other military members or extended family members, to receive emotional support, answers to their questions and to extend their rehabilitation away from the hospital.

Spouses were invited to attend the tea party, though several spouses congregated in a separate area of the facility, far away from the Scottish sweet bread and tiny porcelain tea cups.

The husband of Sgt. Dawn Gashorn, a wounded warrior, said he was staying away from the "foo-foo," but was glad his wife was having a



Photo by Staff Sgt. Keith Anderson

Judith Markelz, Warrior and Family Support Center program director, pauses during an applause as she discusses the growth of the WFSC with wounded warriors, along with representatives from various commands, organizations and spouses of Army leaders. Those attending gathered to celebrate the ninth anniversary of the Warrior and Family Support Center Dec. 4 over morning tea.

good time.

Woopsie Willis, a WFSC volunteer and tea aficionado, said the party was a great way to celebrate the facility's anniversary.

"I grew up on this post as a British bride in 1957," Willis said. "Tea in the United Kingdom is a very social event. We went out a little more this year because it's the ninth anniversary," she said.

"At the end of the day, you can sit down, 'veg out,' have a cup of tea, and get recharged to

cook dinner for the family, spend time with the kids and do everything else you need to do."

The tea provided those in attendance an opportunity to reconnect, or make new friends, and discuss the progress that has been made at the WFSC.

"Everyone had a joyful time," said Jeannie Wong, wife of Maj. Gen. M. Ted Wong, commanding general of Southern Regional Medical Command and Brooke Army Medical Center.



# Missouri ANG's 35th Engineer Brigade commander visits ARSOUTH

By Robert R. Ramon  
ARSOUTH Public Affairs

The commander of the Missouri Army National Guard's 35th Engineer Brigade visited U.S. Army South's headquarters Nov. 30 to strengthen the 35th's contingency support brigade relationship with the command.

Brig. Gen. Randy Alewel received briefings from key Army South leaders and met with Maj. Gen. Frederick S. Rudesheim, ARSOUTH commanding general.

The 35th Engineer Brigade supports Army South's mission, including the annual Beyond the Horizon exercise, which took place this past year in Guatemala and Honduras.

"We'd like to believe that we're an asset to Army South that brings

additional capabilities, coordination and synchronization to make it easier for the exercises that Army South does, while at the same time increasing our Soldiers' experience as they conduct their training," Alewel said.

Missouri National Guardsmen from the 35th Engineer Brigade deployed to Guatemala and Honduras in April as part of the three-month Beyond the Horizon exercise and constructed or renovated schools and medical clinics.

Beyond the Horizon is an annual Army South exercise which deploys military engineers, civil affairs personnel, medical professionals and other support personnel to rural areas in countries within the command's area of responsibility.

Army South is the

Army service component command for U.S. Southern Command and BTH is part of SOUTHCOM's humanitarian and civic assistance program.

More than 2,000 personnel from the U.S. active, Reserve and National Guard forces participated in BTH 2012.

"We (Soldiers of the Army National Guard and Reserve) are an economic force multiplier so the more we can show our expertise and provide benefit into the theater down here, the better off we are when dealing with budget constraints," Alewel said.

"On the other side, we are very capable with our Soldiers who are out there and it gives them the opportunity to finely tune and hone their skills in a challenging and realistic environment."



Photo by Robert R. Ramon

Brig. Gen. Orlando Salinas (right), U.S. Army South deputy commanding general, speaks to Col. David Boyle (center), Missouri Army National Guard chief of staff and Brig. Gen. Randy Alewel (left), 35th Engineer Brigade commanding general, at the Army South headquarters.

BTH exercises provide personnel with the opportunities to train in austere environments, while strengthening relationships with partner nation forces, building and sustaining capacity and

at the same time providing medical, dental and engineering support.

Army South's deputy commanding general, Brig. Gen. Orlando Salinas, who is also the assistant adjutant general for

the Texas Army National Guard, said Army service component commands like U.S. Army South are strengthened by partnering with the Army

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## News Briefs

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school students, dependent undergraduate students continuing their education and spouses who are current members of the Spouses' Club of the Fort Sam Houston Area as of Dec. 1 are eligible to apply. Applications need to be postmarked no later than Feb. 28, 2013. For information on eligibility guidelines and the application process, go to the "Scholarship" area on the Spouses' Club of the Fort Sam Houston Area website at <http://www.scfsh.com>.

### Legal office closure

The 502nd Mission Support Group legal office at 2271 Reynolds Road is closed Dec. 14 for training and an official function. Normal hours resume Dec. 17. For emergencies, call the command post at 671-4225.

### CPAC Closing Early Dec. 18

The Joint Base San Antonio-Fort Sam Houston Civilian Personnel Advisory Center will close at 11 a.m. Dec. 18 for an annual holiday party. Normal business hours resume Dec. 19.

### TSP Withdrawals Due to Hurricane Sandy

On Nov. 21, the Thrift Savings Plan made temporary changes to the financial hardship withdrawal rules for participants affected by Hurricane Sandy. Requests to TSP must be received by Jan. 25, 2013. For more info regarding the TSP withdrawal process, please contact TSP at (877) 968-3778 or visit the TSP website at <https://www.tsp.gov/representative/announcements/announcements.shtml>.

### Military Nurses and Ethical Issues during Wartime Deployments Research Study

If you are an active duty or reserve component Nurse Corps officer who has been deployed to Iraq or Afghanistan, you are invited to participate in a research study about the types of ethical issues you encountered in your practice and how these issues were managed in theater. You will be asked to take part in a 1 to 1 1/2 hour interview at a convenient location or by telephone. You may also be asked to take part in a final presentation at the end of the study. To participate, call 202-319-5719.

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# 470th MI Brigade warrant officer receives command honor

By Gregory Rippes  
470th Military Intelligence  
Brigade Public Affairs

Intelligence and Security Command Adjutant General's Corps Warrant Officer of the Year for 2012.

That's the long title of distinction recently received by Chief Warrant Officer 3 Christina Howard, human resources technician for the 470th Military Intelligence Brigade.

She also was the first to receive that honor, which INSCOM similarly bestowed on top performers among its officers, noncommissioned officers, Soldiers and civilians in the human resources career field for the first time this year.

Howard was selected

from warrant officer nominees throughout the command's eight brigades, two groups and other subordinate organizations. Col. Jay Waters, the command's assistant chief of staff, G1 (Personnel), presented the award to Howard during the G1/S1 Personnel Training Event at Fort Belvoir, Va.

"I felt honored that I was submitted for the award," Howard said. "I was surprised when I got selected."

Howard has been dealing with human resources or personnel matters almost since she began her military career in 1994.

"It's about helping Soldiers get where they need to be in their jobs," she explained.

"It's getting Soldiers the tools they need to be successful."

Howard shared with other human resources

technicians her own advice to herself.

"Don't forget to provide the best customer service to both military

and civilians," she said. "And never forget that I came up through the ranks."



Photo by Gregory Rippes

Chief Warrant Officer 3 Christina Howard assists a customer at the S1 (Personnel) office of the 470th Military Intelligence Brigade.

## Think safety when putting up a live Christmas tree

By Joseph L. Miyasaki  
JBSA-Fort Sam Houston  
Fire Emergency Services

On the average, more than 600 Christmas tree fires occur each December.

Last year, these fires caused 33 people to lose their lives, serious injury to 112 people and more than \$21 million dollars in damages.

While fire-resistant non-metallic artificial trees are recommended, there are safety steps people can take if they decide to get a real tree.

### For real trees:

- Tree should not lose its needles when tapped on the ground.
- Cut one inch off the trunk then place in water immediately to help it absorb water.

- Tree stand should hold at least one gallon of water.
- A 6-foot-tall tree will use one gallon of water every two days.
- Check water level every day.
- Keep the tree away from floor heaters, fireplaces, or other heat sources.
- Clean the tree stand to improve the tree's water intake. Do not let the tree be out of water for more than two minutes.

### For the decorations:

- Use only UL-approved lights, and no more than three strands linked together.
- Wash your hands after handling lights and decorations. There is the possibility of lead dust on most imported decorations.
- Use miniature lights which have cool-burning

bulbs.

- Turn off the Christmas lights overnight or when away from home.
- Never use real candles on or near an artificial or real tree.
- Ensure tinsel or artificial icicles are of non-leaded material.
- Leaded materials may be hazardous if eaten by children or pets.
- Avoid decorations that tend to break easily or have sharp edges.
- Keep tree trimmings that are small or have removable parts out of the reach of small children. These pieces may be swallowed.
- When the holidays are over, dispose of the tree properly. Never burn it in the fireplace.

For more information, call Fire Emergency Services at 221-4798.





# 'Fort Sam's Own' rocks the holiday season

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

Community members joined the San Antonio military community to start the holiday season with a rocking performance by "Fort Sam's Own" 323rd Army Band at the Scottish Rite Auditorium Dec. 8.

During the 75-minute performance, guests heard a wide variety of music, including solo performances, rock versions of traditional Christmas music, special renditions of "Los Peces en el Rio," and "O Hanukah," and jazz substitutions, in addition to traditional music from the concert band.

"There is no better community for celebrating America's military than San Antonio," said U.S. Army North Command Sgt. Maj. Hu Rhodes to the audience before the



Photo by Staff Sgt. Keith Anderson

Staff Sgt. Tony Cooper and "Epic Flood," the rock band of the 323rd Army Band, get up close and personal with the audience Dec. 8 during "A Holiday Celebration," at the Scottish Rite Auditorium.

performance. "It's a perfect place to be, at a perfect time, for us to come together and celebrate the holidays."

Lt. Gen. William Caldwell IV, commanding general, U.S. Army North, and senior commander,

Fort Sam Houston and Camp Bullis, welcomed community members to the concert, and the concert band began the night's performances with a Christmas Intrada and a performance of "It's the Most Wonderful Time of

the Year."

Epic Flood, the rock band of the 323rd Army Band, performed renditions of "God Rest Ye Merry Gentlemen" and "I Just Love You."

The 323rd Army Band's award-winning Biohazard Brass Band performed arrangements of "Deck the Halls," and "Jolly Old St. Nicholas," and – on cue – Santa made an appearance and passed out candy canes to the children in the auditorium.

The concert ended after an encore performance of "Christmas Eve at Sarajevo," and the audience gave the Army musicians a standing ovation.

"It was wonderful," said Martha Alvarado. "This is the second time I've been. No one should miss this, it's something without words."

Alvarado, and her

friend, Mary Guerrero, whose sons both serve in the Navy, said they enjoyed the whole show, though one performance really wowed them.

"My favorite part was the rock version of 'God Rest Ye Merry Gentlemen,'" Guerrero said.

The performance included 18 songs, with choreography and video, said Chief Warrant Officer 5 Doug Paarman, band director, 323rd Army Band.

"What amazes me is the variety of talent within the band," Paarman said. "People definitely got their money's worth."

The Army's senior commander in San Anto-

nio paid a special tribute to the band after the performance.

"You all knocked it out of the park," Caldwell told Paarman. "The musical performances, the soloists, the choreography, the music selection – it was just phenomenal."

For the bandmembers, the chance to perform for the community was a treat.

"It's an honor for the band to perform for such a military friendly community," said 1st Sgt. James Kruczek II. "The holidays are a difficult time for some, when families are separated, so we hope to bring a little joy and holiday spirit."

# Happy Holidays



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website at [www.jbsa.af.mil](http://www.jbsa.af.mil)



# Defense Department prepares plans for sequestration

By Jim Garamone  
American Forces Press Service

The Defense Department has received guidance from the Office of Management and Budget and is now planning for sequestration, said Pentagon Press Secretary George Little Dec. 5.

Little stressed the department still hopes Congress will be able to avoid sequestration that would take effect Jan. 2, 2013.

"We are consulting with the Office of Management and Budget and have been instructed to pursue internal planning on sequestration," Little said.

"We are at the very start. We don't have all of the details firmed up. Naturally, we hope very much that sequestration will be avoided. We don't want to go off the fiscal cliff."

DOD officials believe it is

prudent to begin the planning process.

"We are going to have to do some detailed planning at some point on the numbers and the specific consequences of

sequestration, which we've anticipated and already talked about," Little said.

Senior defense officials, led by Defense Secretary Leon E. Panetta and Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey, have warned Congress since the Budget Control Act was passed that sequestration would be a disaster for national security.

Essentially, the process would cut the DOD budget by \$500 billion. This would be on top of the \$487 billion in cuts already planned.



Officials also warn that sequestration would blow the bottom out of the defense strategic guidance released earlier this year.

DOD used the guidance to plan the fiscal 2013 defense budget.

"If this is triggered, even in light of this absurd mechanism that was created to avoid absurdities, our intent is to not implement sequestration in an absurd way ... inside the Department of Defense," Little said.

He said that the effects of sequestration will not begin

all at once on Jan. 2, 2013.

Rather, he believes the department will have some months at the beginning of 2013 to put in place directives and policies to carry out the law.

"We expect in our planning efforts to identify not just numbers, but how we communicate to our 3-million-plus workforce, to prepare them for what may come down the pike," he said.

The military manpower portions of the defense budget are exempt from sequestration, but Little promised to communicate with all segments of the DOD workforce in the weeks ahead.

"Hopefully, Congress will come to resolution on sequestration, but we have looked at those impacts and will plan against them," he said.

## ANG from P5

National Guard and Reserve.

"It has been interesting to see how closely an ASCC works with the National Guard and Reserve," Salinas said. "We need to continue to strengthen these relationships especially in this time of limited resources. We really need to ensure that we are the most cost-effective Army that we can be and show how we can integrate with each other."

During BTH 2012, U.S. engineer personnel, working alongside Guatemalan and Honduran soldiers, built four schools, renovated two others, and constructed four medical clinics.

U.S. Army South, as the Army Service Component Command for SOUTHCOM, conducts Theater Security Cooperation in order to enhance hemispheric security and stability. SOUTHCOM's area of responsibility encompasses 31 countries and 15 areas of special sovereignty in Central and South America, and the Caribbean and covers about 15.6 million square miles.



# SPOUSE CAREGIVERS: ADAPTING TO A NEW ROLE

## Light at the end of the tunnel

By Lori Newman  
JB SA-FSH News Leader

*(This is the last in a series of articles about spouses who have had to adapt to the role of a caregiver for their wounded spouse.)*

Monday, Feb. 19, 2007, started like any other day for a spouse whose husband is deployed.

"I just backed out of my parking space and my cell phone rang," said Kathreyn Harris, wife of now retired Staff Sgt. Shilo Harris.

On the other end of the phone was the unit's rear-detachment commander.

"I knew immediately that something had happened to Shilo," Kathreyn said, remembering that fateful day. "So, I just pulled back into my parking space and asked him, 'how bad is Shilo?'"

Shilo had been burned over one-third of his body. Four days later, Kathreyn was on a flight to Landstuhl, Germany.

"I didn't know what to do with the children. We hadn't planned for that," she said.

"As a military spouse, it's stressful to know that your husband could be killed," Kathreyn said. "They don't stress the need to make a family plan for an incident like what we have been through."

"I made that flight [to Germany] wondering if my husband would come back," Kathreyn said, tearfully.

There was some confusion when she arrived in Germany; no one was at the airport to meet her. She ended up waiting at the USO for a couple of hours before she was taken to Landstuhl Regional Medical Center.

Once she arrived, a liaison officer described what she would see when she went into Shilo's room.

"There are no words that can ever describe or paint a picture for you to be ready to see what you're going to see walking into a room like that," she said.

Because Shilo was not responding to light stimulus, the doctors thought he might have brain damage. At that point, they decided to stop the pain medication and the medication keeping him in an induced coma to see how his body would react.

It took about four hours for all the medication to leave his system.

"I remember being nose-to-nose with him and we made eye contact," she said. "I honestly think that if you could ever picture what hell looks like, that's what was in Shilo's eyes."

Shilo said that when he listens to Kathreyn describe the timeline of events he relates it to his dreams.

"It was like I could hear her voice but I could never touch her ... I could see her in my coma but I could never reach her, she was always just out of my reach," Shilo said, "It was really frustrating."

"There were days when I was in such extreme pain it felt like I was in a room full of fiberglass," he said.

Once Shilo arrived at Brooke Army Medical Center, he was in the intensive care unit for about 45 days.

During that time, he went through four major graft surgeries, had an

arterial bleed and went into acute renal failure twice.

From the ICU, Shilo was moved to Four East, which is a step-down ward.

"While he was in that ward I shadowed the nurses to learn how to take care of his wounds," Kathreyn said. "When he got out of the hospital it took me an average of four to six hours a day to do his wound care."



A young Harris Family. This photo was taken right after Shilo Harris finished basic training. Pictured is Shilo and Kathreyn Harris with sons, Josh, Nicolas and Albert.



Photos courtesy of the Harris Family  
The Harris family today, Shilo and Kathreyn Harris with their five children, Josh, 20; Elizabeth, 8; Nicolas, 13; Albert, 11; and Glen, 3.

**“Talking about what we have been through has helped us tremendously to be where we are today.”**

*Kathreyn Harris,  
wife of retired Staff Sgt. Shilo Harris*

The wound care consisted of putting Shilo in the bath tub and soaking the bandages off, cleaning him and reapplying the bandages.

"That was usually a very painful process for [Shilo] so we would give him as much pain medication as we could," Kathreyn said.

"That was pretty hard. I had to be able to separate myself from his pain and not let it get to me."

Kathreyn says it's still hard for her to show sympathy or affection to their children if they get hurt because she had to detach herself from Shilo's pain.

Their then-3-year-old daughter, Elizabeth, stayed with family while Kathreyn

continued to care for Shilo.

"They would bring her to visit, but she couldn't stay because of the wound care and everything. I couldn't take care of a 3 year old and Shilo," Kathreyn said.

Kathreyn said the first time Elizabeth saw Shilo, she hid behind her. "She was scared to go up to him. She didn't want to hurt him."

Elizabeth realized she could hold Shilo's drink for him and that became her job.

"When she was around, nobody touched a drink. It was Lizzy's job," Kathreyn said. "That made her feel very important. It gave her a purpose in his recovery."

The recovery process was tough on the couple.

Kathreyn remembers one particular day before Shilo learned to feed himself.

"We were sitting at the table," she said. "He was just cranky and hateful and I was done with cranky and hateful."

"I was lashing out at her, because that's all I could do – just talk," Shilo said. "She just looked at me and said 'I don't deserve to be treated that way,' and she took her plate and left the room."

"I left his plate on the table with his glass where he couldn't reach the straw. I grabbed my stuff, got up and walked out of the room," she said.

"It was probably one of the hardest things I ever did, because I knew he was hungry and I knew he needed to eat, but I couldn't take it. I needed him to stop taking it out on me."

"That was a turning point for us as a couple, because he realized he had been taking so much out on me," she explained. After that, the couple started talking more.

"Before that he didn't talk a lot about what was going on. He didn't talk about his feelings or his thoughts or his fear."

Shilo said he had to deal with his depression over being injured and his feelings of guilt over the loss of his Soldiers.

"There were just so many things to contend with. I started seeing counselors at Brooke Army Medical Center and that helped a bunch," Shilo said.

Talking with the chaplains also helped.

"Not only could I talk to the chaplains, I could tell my story and help the chaplains address family members and service members," he said.

"Talking about what we have been through has helped us tremendously to be where we are today," Kathreyn said.

Today, the couple lives near San Antonio. The Harris family was recently featured on "Extreme Makeover: Home Edition." To watch the full episode, go to <http://abc.go.com/shows/extreme-makeover-home-edition>.

Kathreyn is in the process of getting her master's degree and she hopes to start an organization to help support other caregivers and spouses.

"It's not just me [who was injured], my wife was injured also. She took care of me for almost three years. I still struggle with PTSD (post-traumatic stress disorder). There are things I still have to overcome," Shilo said.

Shilo and Kathreyn share their experiences with other wounded warriors and families in the hope of helping others cope with their injuries.



Photo by Lori Newman  
Kathreyn and Shilo Harris speak to Col. William V. Hill, Army South chief of staff, after a disability awareness event at Joint Base San Antonio-Fort Sam Houston.





# 10 holiday tips to keep your family safe

## Buy safe toys

If you plan to buy toys for the kids in your life, choose age-appropriate toys and look for labels with safety advice. For young children, avoid toys with small parts, sharp edges, and electric toys that can heat up. Always purchase safety gear in addition to sports-related gifts or ride-on toys, such as bicycles or skateboards.

Get additional toy safety tips from the Consumer Product Safety Commission at <http://www.cpsc.gov/cpscpub/pubs/281.pdf>.

## Celebrate on a budget

The holidays can be expensive, but you don't have to break the bank to celebrate. Take a few minutes to decide how much you can afford to spend on gifts, travel, parties, decorations, and other holiday expenses.

Once you've created a spending plan, keep track of your purchases. Log onto <http://www.consumerfinance.gov/blog/plan-your-spending-to-avoid-holiday-debt/> for more tips.

Shopping online can help you stick to a budget as you'll avoid the temptation of store displays and may be able to use

coupons and promotion codes.

Before you buy, look for free shipping offers; check ordering deadlines to ensure that your gifts will arrive on time; and read the return policy. Visit <http://www.ftc.gov/opa/2011/11/holidayshopping.shtm> for advice about shopping online.

## Give the gift of service

Sometimes the greatest gift you can give to others is service. Studies show that reading to a child just three hours a week significantly improves his or her reading skills.

If you help out at a local soup kitchen or food bank, you are directly providing meals to hungry individuals.

Find volunteer opportunities in your area at <http://www.allforgood.org> or create your own.

## Find seasonal employment

Even in a tough economy, businesses need extra help around the holidays.

Seasonal employment can help supplement your income and potentially lead to a permanent position.

If you need to update

your resume, check out resume and interview tips at <http://www.careeronestop.org/ResumesInterviews/ResumesInterviews.aspx>.

## Get through the holiday blues

The holidays aren't joyous for everyone. This time of year can bring stress and feelings of loneliness.

Exercise, focusing on positive relationships, and doing things that you find rewarding can help with depression. Keep in mind that winter depression could be a sign of seasonal affective disorder, which is caused by the lack of sunlight.

Log onto the National Institute of Mental Health website at <http://www.nimh.nih.gov> for helpful information on several mental health related issues.

## Be safe and save money with LED lights

Electricity bills can grow during the holidays if you decorate with strings of lights. Consider switching to LED holiday lights to save energy and money. In addition to the cost savings, LED lights

are much cooler than incandescent bulbs, reducing the risk of fires.

Every holiday season, fires claim lives and cost millions in damage. To prevent holiday fires in your home, use nonflammable decorations; do not overload electrical sockets; regularly water live Christmas trees; and avoid the use of lit candles.

And, ensure that your smoke alarms are working. For information on holiday fire safety, visit [http://www.usfa.fema.gov/citizens/home\\_fire\\_prev/holiday-seasonal/holiday.shtm](http://www.usfa.fema.gov/citizens/home_fire_prev/holiday-seasonal/holiday.shtm).

## Pay attention to food portions and physical activity

The holidays are a wonderful time to celebrate with family and friends, but celebrations sometimes involve overindulging in sweet treats and heavy foods.

Even if you only gain one or two pounds during the holidays, these gains can add up over the years.

The holidays are probably not the ideal time to try to lose weight, but you can take steps to maintain your weight.

Read 10 tips on how to enjoy your food and learn how to make exercise and physical activity a regular part of your day by visiting the USDA's website, <http://www.choosemyplate.gov>.

## Pack for hassle-free air travel

You can get through the airport security line faster by traveling with unwrapped gifts and following the "3-1-1 rule" when carrying on liquids.

You may have favorite liquid food items like cranberry sauce or special dips that you want to share during the holidays, but it's best to put such items in your checked bag or ship them ahead of time.

If you need last-minute information about what you can and can't bring through security, log onto <http://www.tsa.gov>.

## Reduce holiday waste

The holiday season includes many opportunities to reduce waste, recycle, and reuse items.

Did you know that about 40 percent of all battery sales occur during the holiday season?

Consider buying rechargeable batteries and a charger for electronic gifts to help reduce the amount of harmful materials

thrown away. After the holidays, look for ways to recycle your tree instead of sending it to a landfill.

If you plan to send greeting cards, consider purchasing ones that are made of recycled paper or sending electronic greetings.

Get more ideas on how to reduce waste, save money, and help the environment at <http://www.epa.gov/wastes/wycd/facts/holidays.htm>.

## Keep food safe

Holiday buffets are convenient ways to entertain a crowd, but leaving food out for long periods of time can invite bacteria that cause foodborne illness.

To keep your holiday foods safe, cook them thoroughly; use shallow containers; never leave them sitting out for more than two hours; and keep them at the appropriate temperature.

Get more food safety tips to help keep your guests healthy.

For more food safety tips, visit <http://promotions.usa.gov/holidays.html>.

(Source: USA.gov)



## RETIREEES HONORED AT QUADRANGLE

Eight Soldiers were thanked for their service to the nation by fellow Soldiers and family members Nov. 29 during the monthly Joint Base San Antonio-Fort Sam Houston retirement ceremony held in the historic Quadrangle. Maj. Gen. Walter Davis, deputy commanding general for operations, U.S. Army North, presided over the ceremony. "We are all better because the men and women retiring decided to make the Army a career. There is a consistent theme in each bio," said Davis. The retirees are (from left) Lt. Col. Darrel Andrews Sr., U.S. Army South; Lt. Col. Corinne Devlin, U.S. Army Medical Command; Lt. Col. Mark Quenga, U.S. Army North; Master Sgt. James Smith, Department of Defense Military Working Dog Veterinary Services; Master Sgt. James Jackson, U.S. Army South; Sgt. 1st Class Rey Mitchell, National Training Center, Fort Irwin and U.S. Army South; Sgt. 1st Class August Hernandez, 323rd Army Band, U.S. Army North; and Sgt. 1st Class Darrell Fraiser, U.S. Army South.



Photo by Staff Sgt. Corey Baltos



## 'RACING BUDDIES' COME THROUGH FOR OVERSEAS TROOPS

Lee McKinney prepares to box T-shirts, caps, koozies and other accessories with race car sponsor logos for troops overseas. Every year his "racing buddies" give him items to send to U.S. military serving abroad. This year, McKinney is mailing two boxes to the 201st Military Intelligence Battalion, which deployed to Afghanistan. McKinney, 470th MI Brigade security officer, serves as a racing official at San Antonio Raceway on weekends. A retired master chief petty officer, he began preparing such annual mailings in 2001 – about 550 boxes ago – while serving in the U.S. Navy.



Photo by Gregory Ripps

## FSHISD WEEKLY CAMPUS ACTIVITIES DEC. 17-22

### Fort Sam Houston Elementary School Dec. 18

Student council meeting, library, 3:15 to 4:30 p.m.

### Dec. 21

Early release, 11:45 a.m.

### Robert G. Cole Middle and High School Dec. 17

Girls soccer vs. Holy Cross at Cole, 5 p.m.

### Dec. 18

Baseball at Dilley, 5 and 8 p.m.

Boys soccer vs. Atonement, 5 p.m.

### Dec. 20

Early release, 12:30 p.m.

Semester exams

Middle school basketball at Lackland Stacy, 5 p.m.

### Dec. 21

Early release, 12:30 p.m.

Semester exams

Girls basketball vs. Brooks Academy, 5 and 6:30 p.m.

Boys basketball vs. Brooks Academy, 5 and 8 p.m.

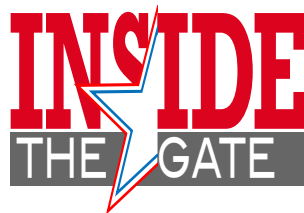
## CLYDESDALES AT JBSA-FSH EQUESTRIAN CENTER

The world-famous Budweiser Clydesdales have come to the Joint Base San Antonio-Fort Sam Houston Equestrian Center at Building 3550, on Trooper Road, behind the San Antonio Military Medical Center. Pictured here is handler Manny Raver riding Charlie, while leading McGee (left) and Lester (right). The eight-horse hitch will be at the center from 2:30



Photo by Deyanira Romo Rossell

to 5:30 p.m. Dec. 14 and from 10 a.m. to 5 p.m. Dec. 15. The "Gentle Giants," as they are often referred to, are visiting military bases throughout the United States to thank troops for serving our country. Cameras and video recorders are welcome, but all visitors must first check in at the equestrian center office. The Budweiser Clydesdales are at least three years of age, stand approximately 18 hands – or six feet – at the shoulder, weigh an average of 2,000 pounds, are bay in color, have four white legs, and have a blaze of white on the face and black mane and tail. One Clydesdale horse will consume as much as 20 to 25 quarts of feed, 40 to 50 pounds of hay and 30 gallons of water per day. For more information, call 224-7207 or 221-1718.



### Operation Rising Star Finals

The 12 finalists selected from military installations worldwide compete in the 2012 Operation Rising Star finals 7 p.m. Dec. 14 and 15 at the historic Fort Sam Houston Theatre. Admission is free. MWR patrons and their guests have an opportunity to be part of the live televised audience. Call 466-2020 or visit <http://www.oprisingstar.com>.

### Journey to Bethlehem

Dec. 14 and 15, 5:30-8:30 p.m., grounds of the Gift Chapel. Call 221-2755.

### Holiday Story Time

Dec. 15, 2-3 p.m., Keith A. Campbell Memorial Library, call 221-4702.

### Family Readiness Group Leadership Academy

Dec. 18 and 19, 8 a.m.-4 p.m., Roadrunner Community Center, Building 2797, call 221-1829 or 221-0946.

### Saving and Investing

Dec. 18, 9-11 a.m., Roadrunner Community Center, Building 2797, call 221-2380.

### HUGS Playgroup

Dec. 18, 9-11 a.m., Middle

School Teen Center, Building 2515, call 221-0349 or 221-2418.

### Budgeting

Dec. 18, 2-4 p.m., Roadrunner Community Center, Building 2797, call 221-2380.

### Holiday Stress

Dec. 19, 11 a.m.-12:30 p.m., Roadrunner Community Center, Building 2797, feel free to bring your lunch, call 221-0349.

### First Term

#### Financial Readiness

Dec. 19, noon-4 p.m., Roadrunner Community Center, Building 2797, call 221-2380.

### Better Opportunities for Single Service Members Meeting

Dec. 19, noon, Benner Barracks in the BOSS Room.

### Youth & School

#### Services Winter Camp

Parents can visit Parent Central to sign their children up for full-day winter camp. Camp is 6 a.m.-6 p.m. Dec. 24-Jan. 4, call 221-4871.

### Apprenticeships

#### Available for Teens

Registration is open for youth, ages 15-18, who want to work as apprentices in the 2013 HIRED! winter term which runs Jan. 14-April 6. Registration forms are available at the Middle School Teen Center, Building 2515 and Parent Central, Building 2797, application deadline is Dec. 21, call 221-3386.

### Holiday Musical at the Harlequin

In the Mood...for Christmas runs through Dec. 22; dinner is at 6:15 p.m., curtain opens at 8 p.m. at the Harlequin Dinner Theatre, Building 2652, Harney Road. Call 222-9694.

### Barber Shop Opens

Shapin' Headz is open at the Sam Houston Community Center, Building 1395 Chaffee Road. Call 808-1374/1376/1378.

### Notice of Fitness Center Closure

The Big Area Tent, temporarily housing the Brigade Gym at the corner of Hardee and Williams Roads, closes permanently Dec. 14. The Central Post Gym, Building 961, will reopen in December.

### Wrap Up Some Holiday Funds

Private organizations, unofficial activities and informal funds authorized to operate on JBSA-Fort Sam Houston can raise funds for their causes while spreading some holiday cheer. The JBSA-FSH Post Exchange is seeking partners for the annual community gift wrap program. The program runs through Christmas Eve. Call 221-0010 for available dates. Organizations are asked to provide their own tape, ribbons, bows and scissors.

### New Year's Eve 5K

Dec. 31, midnight, Jimmy Brought Fitness Center on JBSA-Fort Sam Houston. Runners can toast to a new year with healthy beverages and snacks. For more

information, call 221-1234.

### Youth Basketball Registration Deadline Extended

Youth Sports is hosting the annual fall basketball league for youth ages 5 to 15. The registration deadline is Jan. 11 at Parent Central, building 2797 on Fort Sam Houston. The cost is \$65. Children participating in youth sports must have a current physical on file with Child, Youth & School Services at the time of registration. Call 221-5519 or 221-5513.

### USAF Arts & Crafts Gallery

The 2013 Air Force Arts & Crafts Gallery Program requests submissions from artists, craftsmen and photographers in the armed forces and their family members around the world. Adults, teens ages 13-17 and youth ages 6-12 may submit 2- and 3-D art, photography and digital art. Three entries are permitted per person per category. Entries must be dropped off at the Lackland Arts & Crafts Center, 1441 Patrick St., Building 7041. For more information, call 671-5508 or visit <https://www.usafservices.com/ArtsCrafts-Gallery.aspx>.

### Basketball Coaches Needed

Volunteer coaching opportunities are available for the youth fall basketball season at the Middle School Teen Center. Youth Sports is taking applications from DOD cardholders to coach youth ages 5-15. Background checks are required. Call 221-5519 or 221-

5513 for information.

### JBSA-Fort Sam Houston Ticket Office Fall Hours

Open Tuesday through Friday, 10 a.m.-5 p.m. The ticket office will reopen on Saturdays in spring 2013. Call 226-1663.

### Discount Tickets for Winter Ballets

The Sam Houston Community Center ticket office, Building 1395, is selling discount tickets for the Moscow Ballet, 7 p.m. Dec. 28, and 2 p.m. and 7 p.m. Dec. 29. Discount tickets are also available for the Nutcracker, 7:30 p.m. Dec. 21, 2 and 7:30 p.m. Dec. 22, and 2 p.m. Dec. 23. The ticket office also has discount tickets for Disney on Ice "Rockin' Everafter," April 10-14. For more information, call 226-1663.

### Sportsman Range

The range is open 10 a.m.-2 p.m. Saturday-Sunday. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. Call 295-7577.

### Theater Arts Program

Children, ages 4 and up, can take the stage after a long day at school in the Theater Arts Program at School Age Services, Building 1705. The cost is \$80 for a month of biweekly classes. Classes are 4-5 p.m. for ages 4-6, 5-6 p.m. for ages

7-10 and 6-7 p.m. for ages 11 and up. Call 221-3381 for information.

### Home Child Care Providers Needed

Family Child Care on JBSA-Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Providers can earn additional income at home, full or part time. For more information, call 221-3828.

### Parent Central Customer Service Hours

JBSA-Fort Sam Houston Parent Central assists walk-in patrons from 8 a.m.-noon and 2-4 p.m. for registration and 12:30-1 p.m. for out processing and payments. Call 221-4871.

### Before and After School Care Registration

Register your child for before and after school care at JBSA-Fort Sam Houston Parent Central, 221-4871. Warriors in Transition and their family members should register at Soldier Family Assistance Center or call 916-6377. Registration is ongoing until full.

### School Liaison Office

The JBSA-Fort Sam Houston School Liaison Office can assist patrons in registration, provide information about the local school system and community, educate parents on school policies, procedures, programs and schedules and home schooling. Call 221-

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## NEWS BRIEFS from P6

### U.S. Air Force Office of Special Investigations Tip Line

Report crime or suspicious activity to the anonymous tip line by text message, online or download the Smart Phone app. Text AFOSI and your tip to 274637 (CRIMES) or visit <https://www.tipsubmit.com/webtips.aspx?agencyID=1111> or <http://www.osi.af.mil>.

### Wounded Soldier and Family Hotline

The Army chief of staff and the acting secretary of the Army established the Wounded Soldier and Family Hotline to give Soldiers and their families a place to share their

concerns on the quality of care they received. This organization also provides Army senior leadership with a valuable tool to determine if appropriate resources are devoted to solving medical-related issues in timely and comprehensive fashion. The hotline is available 24/7, call 1-800-984-8523, DSN: 421-3700 or email [wsfsupport@amedd.army.mil](mailto:wsfsupport@amedd.army.mil).

### Construction at Building 366

Due to the removal and repair of clay tiles on the roof of Building 366 the contractor requests an area around the building to be cleared of all vehicles and foot traffic for safety reasons in case of falling debris. The work takes place until approximately Jan. 5.

### Army Benefits Center-Civilian's Newest Benefits Tool: eRetirement

Retirement is an important milestone in an employee's life. The Army Benefits Center-Civilian offers the new eRetirement web application, located in the Employee Benefits Information System, which allows an employee to easily fill out a retirement application. Army-serviced employees, within one year of retirement, can fill out an application on the ABC-C secure website at <https://www.abc.army.mil> with a Common Access Card and then selecting the EBIS icon or web link. Next, employees enter their Social Security Number and Personal Identification Number. Click on the eRetirement button and complete

all the forms listed. Once finished, print each form individually, review closely and sign any applicable forms. Finally, send the application to the ABC-C at 301 Marshall Avenue, Fort Riley, KS, 66442. ABC-C reviews the application closely and sends a letter stating the application has been received. For more information on eRetirement, contact a benefits counselor at 1-877-276-9287 between 6 a.m. to 6 p.m.

### Nasal influenza research study

Brooke Army Medical Center is enrolling people for a self-administered nasal influenza feasibility study. Male and female applicants should be in good health, between 18 and 49 years of age and be a Department of Defense beneficiary.

During the study, applicants will complete an interview and diary, have blood drawn twice, make two visits over a one-month period and be supplied with the nasal vaccination. There is a payment of \$25 for each blood draw. To apply, or for more information, call 916-6014.

### Bicycle Helmets Required

Anyone who rides a bicycle, tricycle, motor drive bicycle or operates non-motorized transportation such as skateboards, kick-scooters and roller skates on an Air Force installation are required by Air Force Instruction 91-207 to wear a properly fastened and approved bicycle helmet. During hours of darkness, riders are required to wear a retro-reflective vest, jacket

or outer garment containing retro-reflective material. In addition, bicycles should be equipped with a white front light (not a reflector) visible for 500 feet and red rear reflector or light visible from the rear of the bicycle from a distance of 300 feet.

### Customer Care Center at CPAC

People looking for job information can visit the new customer care center at the Civilian Personnel Advisory Center, Building 144, 2438 Stanley Road. Army civilian employees can also receive assistance with resetting passwords for the Electronic Benefits Information System or completing employee beneficiary forms. For more information, call 221-1425.





### A Wonderland Christmas at Morgan's Wonderland

A Wonderland Christmas will be open 5 to 9 p.m. Fridays and Saturdays through Dec. 22. In addition to the park's regular rides and attractions, Morgan's Wonderland will recreate the North Pole at the Butterfly Garden playground and have it serve as the focal point for strolling entertainers, such as carolers, choirs and magicians. Visit <http://www.morganswonderland.com> for information.

### Stonewall Memorial Walk

The Texas Volkssport Association volksmarch club is hosting a 5k and 10k walk Dec. 31 starting at Nebgen School, 1718 North Grape Creek Road in Stonewall. Walks start between 9 a.m. and noon, finish by 3 p.m. Call 496-1402.

### Foster a Puppy

The Department of Defense dog breeding program needs families to foster puppies for three months. Potential foster families need time and patience to raise a puppy age 12 weeks to six months, a stimulating and safe home environment and a desire to help raise a military working dog. Call 671-3686 for more information.

### Fredericksburg Midnight Year's Walk

The Texas Volkssport Association volksmarch club is hosting a 5k and 10k walk Jan. 1 starting at St. Joseph's Halle, 212 W. San Antonio St. Walks start between midnight and 12:30 a.m., finish by 3:30 a.m. Call 496-1402.

### Trinity University Walk

The Randolph Roadrunners volksmarch club is hosting a 5k and 10k walk Jan. 5 starting at William H. Bell Athletic Center on Trinity University, One Trinity Place. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 723-8574 or print a walk brochure at <http://randolphroadrunners.info/>.

### Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212.

### Dinosaur Stampede

The San Antonio Botanical Garden, 555 Funston, will feature a life-size dinosaur exhibit through Dec. 31. Call 207-3255 or visit <http://www.sabot.org> for more information.

## INSIDE from P15

2214/2256 or visit <http://www.fortsammwr.com/youth/slo.html>.

### Story Time at the Library

Preschool children are invited to the weekly story time at 10 a.m. Thursdays, at the Keith A. Campbell Memorial Library, Building 1222 on Harney Path. Call 221-4702.

### Thrift Shop Open

The JBSA-Fort Sam Houston Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open to all DOD cardholders and full

of clothing, shoes, housewares, toys, books, furniture, jewelry and more. Hours are 9 a.m. to 2 p.m. Wednesday, Thursday and the third Saturday of each month. Consigned items are taken from 9 a.m. to 1 p.m. Donations are taken anytime during regular business hours. The shop will be closed Dec. 21 through Jan. 8. For more information, call 221-5794/4537 or click on <http://www.scfsh.com>.

### Pet Consult Services Available at JBSA-Lackland

The Joint Base San Antonio-Lackland Veterinary Treatment

Facility provides animal behavior consult services for family pets. The VTF's military animal behavior resident is scheduling appointments. The Army resident can assist pet owners with understanding their pet's behavior, and preventing, managing, or resolving pet behavioral problems. Common problems may include aggression, fear, anxiety, hyperactivity, inappropriate elimination and tail chasing. For details, call 671-3631/2245.

### Education and Training Office

The 502nd Force Support Squadron Education and Training Office offers a variety of military testing, including Professional Military Education, Career Development Courses and Defense Language Proficiency testing. PME Testing is conducted on Tuesdays, CDC on Wednesdays, and DLPT on Thursdays. Education and Training also offers Armed Forces aptitude testing such as the Armed Forces Classification Test and Armed Forces Officer Qualification Test. Tests are scheduled on an as-needed basis. To schedule military testing at JBSA-Fort Sam Houston, call 221-0852.

### Basic Skills Education Program

Classes are Monday-Friday 7:30 a.m.-3:30 p.m. for a period of 14 working days. Service members will receive instruction in reading comprehension, vocabulary, and math skills. The class is

designed to teach basic college preparatory skills to service members with a GT score less than 110. Call 221-1738 to enroll.

### Cloverleaf Communicators Club

Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 or visit <http://power-talkinternational.com/>.

### Future Speakers on the Horizon

Enjoy food and develop public speaking and leadership skills the second and fourth Wednesday of each month, noon-1 p.m. at the Joint Program Management Office, Building 4196. Call 295-4921.

### Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the last Thursday of each month, noon-1 p.m. at the Army Medical Department Museum. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 221-4424 or 837-9956.

### Retired Enlisted Association

Chapter 80 of the Retired Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344 for more information.

## CHAPEL WORSHIP SCHEDULE

### PROTESTANT SERVICES

#### Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way  
8 and 11 a.m. - Traditional

#### Dodd Field Chapel

Building 1721, 3600 Dodd Blvd.  
8:30 a.m. - Samoan  
10:30 a.m. - Gospel

#### Army Medical Department

#### Regimental Chapel

Building 1398, 3545 Garden Ave.  
9:20 a.m. - 32nd Medical Brigade  
Collective Service

#### Brooke Army Medical Center Chapel

Building 3600,  
3851 Roger Brooke Rd.  
10 a.m. - Traditional

#### Evans Auditorium

Building 1396, 1396 Garden Ave.  
11:01 - Contemporary  
"Crossroads"

### CATHOLIC SERVICES

#### Daily Mass

Brooke Army Medical Center Chapel  
Building 3600,  
3851 Roger Brooke Rd.

*For worship opportunities of faith groups not listed here,  
please visit the JBSA-Fort Sam Houston Chaplain's website at  
<http://www.samhouston.army.mil/chaplain>.*

11:05 a.m., Monday through Friday

#### Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way  
11:30 a.m., Monday through Friday

#### Saturday

#### Main Post (Gift) Chapel

4:45 p.m. - Reconciliation  
5:30 p.m. - Evening Mass  
Sunday

8 a.m. - Morning Mass, AMEDD  
8:30 a.m. - Morning Mass, BAMC  
9:30 a.m. - Morning Mass, MPC  
11:30 a.m. - Morning Mass, BAMC  
12:30 p.m. - Morning Mass, DFC

### JEWISH SERVICES

8 p.m. - Jewish Worship,  
Friday, MPC  
8:30 p.m. - Oneg Shabbat,  
Friday, MPC

### ISLAMIC SERVICE

1:30 p.m. - Jummah,  
Friday, AMEDD

### LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,  
AMEDD



19-cubic-foot refrigerator, \$175.  
Call (210)-241-1291 or (512)-  
943-2314.

**FOR SALE** - Brand-new Rascal  
wheelchair; instruction manual  
included, \$700. Call 661-3765.

**FOR SALE** - 1994 Oldsmobile  
Cutlass Supreme convertible,  
needs heater core, \$1,200 OBO.  
Classic 1972 Pontiac Grand  
Prix, rolling chassis, no engine,  
still has automatic transmis-  
sion, \$1,500. Classic 1966  
Pontiac GTO, 400 cubic-inch  
engine, automatic transmis-  
sion needs work, \$8,500 OBO.  
Classic 1973 Cadillac Eldorado  
convertible, \$3,800 OBO. Call  
488-0826.

**FOR SALE** - Christmas Spode  
china, four sets of cups and  
plates, \$85. Four sets of holiday  
stockings, knitted, red, white  
and green, approximately 20  
inches long, \$8. Medium ladies  
dark brown leather jacket with  
dolman sleeves, very good con-  
dition, \$40. Large-regular mili-  
tary cold-weather camouflage  
parka, \$35. Call 495-2296.

## Edwards Aquifer Level

in feet above sea level as of Dec. 11

**CURRENT LEVEL\* = 650.9'**

\*determines JBSA water conservation stage

<b>Normal</b> - above 660'	<b>Stage III</b> - 642'
<b>Stage I</b> - 660'	<b>Stage IV</b> - 640.5'
<b>Stage II</b> - 650'	<b>Stage V</b> - 637'

For water restrictions, visit <http://www.502abw.af.mil>.



## Weekly Weather Watch

	Dec 14	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19
San Antonio Texas	70° Showers	75° Showers	71° Partly Cloudy	74° Sunny	63° Sunny	68° Mostly Sunny
Kabul Afghanistan	43° Partly Cloudy	42° Partly Cloudy	42° Mostly Cloudy	46° Mostly Cloudy	48° Scat Snow Showers	49° Sunny

(Source: The Weather Channel at [www.weather.com](http://www.weather.com))